

# USDA Nutrient Database for Standard Reference, Release 14

Magnesium, Mg (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	17.70
14003	Alcoholic beverage, beer, regular	355	12 fl oz	21.30
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	1.20
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.00
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.00
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	1.56
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	11.28
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	9.27
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	9.27
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	13.39
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	10.30
11001	Alfalfa seeds, sprouted, raw	33	1 cup	8.91
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	7.44
09011	Apples, dried, sulfured, uncooked	32	5 rings	5.12
09003	Apples, raw, with skin	138	1 apple	6.90
09004	Apples, raw, without skin	110	1 cup	3.30
09020	Applesauce, canned, sweetened, without salt	255	1 cup	7.65
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	7.32
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	12.55
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	18.06
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	24.40
09032	Apricots, dried, sulfured, uncooked	35	10 halves	16.45
09021	Apricots, raw	35	1 apricot	2.80
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	100.80
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	72.00
11015	Asparagus, canned, drained solids	72	4 spears	7.20
11012	Asparagus, cooked, boiled, drained	60	4 spears	6.00
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	23.40
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	7.80
09038	Avocados, raw, California	28.35	1 oz	11.62
09039	Avocados, raw, Florida	28.35	1 oz	9.64
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	19.88
18005	Bagels, cinnamon-raisin	89	4" bagel	24.92
18003	Bagels, egg	71	3-1/2" bagel	17.75
18003	Bagels, egg	89	4" bagel	22.25
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	20.59
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	25.81
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	75.13

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19078	Baking chocolate, unsweetened, squares	28.35	1 square	87.89
11028	Bamboo shoots, canned, drained solids	131	1 cup	5.24
09040	Bananas, raw	118	1 banana	34.22
09040	Bananas, raw	150	1 cup	43.50
20006	Barley, pearled, cooked	157	1 cup	34.54
20005	Barley, pearled, raw	200	1 cup	158.00
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	81.28
16008	Beans, baked, canned, with franks	259	1 cup	72.52
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	86.02
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	88.55
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	120.40
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	88.50
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	71.68
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	79.65
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	107.38
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	94.05
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	17.55
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	31.25
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	32.40
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	17.55
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	31.25
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	32.40
16051	Beans, white, mature seeds, canned	262	1 cup	133.62
22905	Beef stew, canned entree	232	1 cup	32.48
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	16.15
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	19.55
13348	Beef, cured, corned beef, canned	85.05	3 oz	11.91
13350	Beef, cured, dried beef	28.35	1 oz	9.07
13298	Beef, ground, extra lean, cooked, broiled, medium	85	3 oz	17.85
13305	Beef, ground, lean, cooked, broiled, medium	85	3 oz	17.85
13312	Beef, ground, regular, cooked, broiled, medium	85	3 oz	17.00
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	17.00
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	21.25
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	18.70
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	21.25
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	20.40
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	22.95

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13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	24.65
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	27.20
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	19.55
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	97.92
11084	Beets, canned, drained solids	170	1 cup	28.90
11084	Beets, canned, drained solids	24	1 beet	4.08
11081	Beets, cooked, boiled, drained	170	1 cup	39.10
11081	Beets, cooked, boiled, drained	50	1 beet	11.50
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	10.80
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	18.18
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	3.78
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	3.57
09042	Blackberries, raw	144	1 cup	28.80
09055	Blueberries, frozen, sweetened	230	1 cup	4.60
09050	Blueberries, raw	145	1 cup	7.25
07008	Bologna, beef and pork	56.7	2 slices	6.24
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	6.24
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	13.04
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	45.60
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	12.00
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	8.40
18023	Bread, cornbread, dry mix, prepared	60	1 piece	12.00
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	16.25
18025	Bread, cracked-wheat	25	1 slice	13.00
18027	Bread, egg	40	1/2" slice	7.60
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	6.75
18031	Bread, indian (navajo) fry	160	10-1/2" bread	25.60
18031	Bread, indian (navajo) fry	90	5" bread	14.40
18033	Bread, italian	20	1 slice	5.40
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	13.78
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	13.92
18039	Bread, oatmeal	27	1 slice	9.99
18040	Bread, oatmeal, toasted	25	1 slice	10.25
18041	Bread, pita, white, enriched	28	4" pita	7.28
18041	Bread, pita, white, enriched	60	6-1/2" pita	15.60
18044	Bread, pumpernickel	32	1 slice	17.28
18045	Bread, pumpernickel, toasted	29	1 slice	17.40
18047	Bread, raisin, enriched	26	1 slice	6.76
18048	Bread, raisin, toasted, enriched	24	1 slice	6.72
18053	Bread, reduced-calorie, rye	23	1 slice	5.06

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18055	Bread, reduced-calorie, wheat	23	1 slice	8.97
18057	Bread, reduced-calorie, white	23	1 slice	5.29
18060	Bread, rye	32	1 slice	12.80
18061	Bread, rye, toasted	24	1 slice	10.32
18064	Bread, wheat (includes wheat berry)	25	1 slice	11.50
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	11.50
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	6.00
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	10.80
18070	Bread, white, commercially prepared, toasted	22	1 slice	5.72
18075	Bread, whole-wheat, commercially prepared	28	1 slice	24.08
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	24.25
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	25.20
21023	Breakfast items, french toast with butter	135	2 slices	16.20
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	37.44
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	8.88
11740	Broccoli, flower clusters, raw	11	1 floweret	2.75
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	36.80
11090	Broccoli, raw	88	1 cup	22.00
11090	Broccoli, raw	31	1 spear	7.75
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	31.20
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	37.20
20011	Buckwheat flour, whole-groat	120	1 cup	301.20
20010	Buckwheat groats, roasted, cooked	168	1 cup	85.68
20013	Bulgur, cooked	182	1 cup	58.24
20012	Bulgur, dry	140	1 cup	229.60
01001	Butter, with salt	14.2	1 tbsp	0.28
01145	Butter, without salt	14.2	1 tbsp	0.28
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	18.70
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	11.90
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	12.00
11109	Cabbage, raw	70	1 cup	10.50
11112	Cabbage, red, raw	70	1 cup	10.50
11114	Cabbage, savoy, raw	70	1 cup	19.60
18086	Cake, angelfood, commercially prepared	28	1 piece	3.36
18088	Cake, angelfood, dry mix, prepared	50	1 piece	4.00
18090	Cake, boston cream pie, commercially prepared	92	1 piece	5.52
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	21.76
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	30.40
18110	Cake, fruitcake, commercially prepared	43	1 piece	6.88
18116	Cake, gingerbread, prepared from recipe	74	1 piece	51.80
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	14.95

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18120	Cake, pound, commercially prepared, butter	28	1 piece	3.08
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	2.80
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	10.40
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	20.50
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	3.40
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	10.75
18133	Cake, sponge, commercially prepared	30	1 shortcake	3.30
18134	Cake, sponge, prepared from recipe	63	1 piece	5.67
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	13.44
18139	Cake, white, prepared from recipe without frosting	74	1 piece	8.88
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	19.20
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	3.84
19074	Candies, caramels	10.1	1 piece	1.72
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	2.24
19071	Candies, carob	28.35	1 oz	10.21
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	4.25
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	8.55
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.80
19104	Candies, fudge, vanilla, with nuts, prepared-from-recipe	15	1 piece	4.05
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.74
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.22
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.04
19107	Candies, hard	6	1 piece	0.18
19107	Candies, hard	3	1 small piece	0.09
19109	Candies, HERSHEY, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	16.38
19143	Candies, HERSHEY, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	42.14
19150	Candies, HERSHEY, REESE'S Peanut Butter Cups	45	1 package (contains 2)	40.05
19164	Candies, HERSHEY, SPECIAL DARK Sweet Chocolate Bar	8.4	1 miniature	9.32
19108	Candies, jellybeans	28.35	10 large	0.57
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	14.80
19141	Candies, M&M MARS, "M&M's" Plain Chocolate Candies	7	10 pieces	2.87
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	6.12
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	20.74
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	41.04
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.05
19116	Candies, marshmallows	50	1 cup	1.00
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	26.40
19126	Candies, milk chocolate coated peanuts	40	10 pieces	37.60
19127	Candies, milk chocolate coated raisins	10	10 pieces	4.50
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	36.90
19069	Candies, NESTLE, BUTTERFINGER Bar and Dessert Topping	7	1 fun size bar	5.53

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19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	25.52
19080	Candies, semisweet chocolate	168	1 cup	193.20
09060	Carambola, (starfruit), raw	91	1 fruit	8.19
09060	Carambola, (starfruit), raw	108	1 cup	9.72
14121	Carbonated beverage, club soda	355	12 fl oz	3.55
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	3.70
14136	Carbonated beverage, ginger ale	366	12 fl oz	3.66
14142	Carbonated beverage, grape soda	372	12 fl oz	3.72
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	3.68
14416	Carbonated beverage, low calorie, cola, with aspartame, contains caffeine	355	12 fl oz	3.55
14143	Carbonated beverage, low calorie, other than cola or pepper, with aspartame, without caffeine	355	12 fl oz	3.55
14150	Carbonated beverage, orange	372	12 fl oz	3.72
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.00
14157	Carbonated beverage, root beer	370	12 fl oz	3.70
16055	Carob flour	8	1 tbsp	4.32
11655	Carrot juice, canned	236	1 cup	33.04
11960	Carrots, baby, raw	10	1 medium	1.20
11128	Carrots, canned, regular pack, drained solids	146	1 cup	11.68
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	20.28
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	14.60
11124	Carrots, raw	110	1 cup	16.50
11124	Carrots, raw	72	1 carrot	10.80
11935	Catsup	15	1 tbsp	3.30
11935	Catsup	6	1 packet	1.32
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	4.86
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	11.16
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	16.20
11135	Cauliflower, raw	100	1 cup	15.00
11135	Cauliflower, raw	13	1 floweret	1.95
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	18.00
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	4.50
11143	Celery, raw	40	1 stalk	4.40
11143	Celery, raw	120	1 cup	13.20
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	20.10
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	40.15
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	5.70
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	32.70
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	13.50
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	6.60

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08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	8.40
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	9.30
08266	Cereals ready-to-eat, GENERAL MILLS, HONEY FROSTED WHEATIES	30	3/4 cup	10.80
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	29.40
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.00
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	51.70
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	9.30
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	19.50
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	53.90
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PEANUT BUTTER PUFFS	30	3/4 cup	15.90
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	9.30
08077	Cereals ready-to-eat, GENERAL MILLS, TOTAL	30	3/4 cup	32.10
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	7.80
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	44.55
08078	Cereals ready-to-eat, GENERAL MILLS, TRI-X	30	1 cup	3.60
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	33.60
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	31.80
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN	30	1/2 cup	128.70
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	8.70
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	11.47
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	60.03
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	3.36
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	2.48
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	6.96
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	8.70
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	2.79
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	12.30
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	89.06
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	15.84
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	6.30
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	15.93
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	17.67
08319	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	55.55
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, regular	51	1 cup	51.51
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	54.28
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	9.45
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S CRUNCHBERRIES	26	3/4 cup	9.88

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	18.63
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	47.94
08220	Cereals ready-to-eat, QUAKER, QUAKER Low Fat 100% Natural Crispy Wholegrain Cereal with Raisins	50	1/2 cup	39.50
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	50	1 cup	41.50
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	31.04
08219	Cereals ready-to-eat, QUAKER, QUAKER Toasted Oatmeal Cereal, Honey Nut	49	1 cup	53.41
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	3.50
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	22.78
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	17.40
08091	Cereals, corn grits, white, regular, quick, enriched, cooked with water, without salt	242	1 cup	9.68
08164	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, without salt	242	1 cup	9.68
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	7.10
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	11.95
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	10.04
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	4.80
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	42.48
08121	Cereals, oats, regular and quick and instant, without fortified, cooked with water, without salt	234	1 cup	56.16
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	10.96
08131	Cereals, QUAKER, oatmeal, instant, maple and brown sugar, prepared with water	155	1 packet	38.75
08125	Cereals, QUAKER, oatmeal, instant, with apples and cinnamon, prepared with water	149	1 packet	29.80
08143	Cereals, WHEATENA, cooked with water	243	1 cup	48.60
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	8.79
01164	Cheese sauce, prepared from recipe	243	1 cup	46.17
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	8.22
01004	Cheese, blue	28.35	1 oz	6.52
01007	Cheese, camembert	38	1 wedge	7.60
01009	Cheese, cheddar	28.35	1 oz	7.94
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	10.50
01013	Cheese, cottage, creamed, with fruit	226	1 cup	9.04
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	11.30
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	13.56
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	5.80
01017	Cheese, cream	14.5	1 tbsp	0.87
01186	Cheese, cream, fat free	15.6	1 tbsp	2.18



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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01019	Cheese, feta	28.35	1 oz	5.39
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	4.54
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	7.37
01026	Cheese, mozzarella, whole milk	28.35	1 oz	5.39
01030	Cheese, muenster	28.35	1 oz	7.65
01031	Cheese, neufchatel	28.35	1 oz	2.27
01032	Cheese, parmesan, grated	5	1 tbsps	2.55
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	6.24
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	8.22
01035	Cheese, provolone	28.35	1 oz	7.94
01037	Cheese, ricotta, part skim milk	246	1 cup	36.90
01036	Cheese, ricotta, whole milk	246	1 cup	27.06
01040	Cheese, swiss	28.35	1 oz	10.21
18147	Cheesecake commercially prepared	80	1 piece	8.80
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	14.64
09070	Cherries, sweet, raw	68	10 cherries	7.48
22906	Chicken pot pie, frozen entree	217	1 small pie	23.87
07017	Chicken roll, light meat	56.7	2 slices	10.77
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	33.60
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	29.40
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	24.94
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	21.00
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	14.40
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	11.27
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	10.56
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	29.00
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	24.36
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	2.88
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	18.06
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	12.48
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	7.84
05277	Chicken, canned, meat only, with broth	142	5 oz	17.04
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	4.12
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	30.80
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	69.60
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	78.72
22904	Chili con carne with beans, canned entree	222	1 cup	55.50
11156	Chives, raw	3	1 tbsps	1.26
14181	Chocolate syrup, without added nutrients	18.75	1 tbsps	12.19

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**Magnesium, Mg (mg) Content of Selected Foods per Common Measure, sorted alphabetically**

<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
14175	Chocolate-flavor beverage mix, powder	21.6	2-3 heaping tsp	21.17
14177	Chocolate-flavor beverage mix, powder, prepared with milk	266	1 cup	53.20
14196	Cocoa mix, with aspartame, powder, without added calcium or phosphorus, with added sodium and vitamin A	15	1/2 oz envelope	31.20
14390	Cocoa mix, with aspartame, prepared from item 14196	192	1 serving	32.64
14192	Cocoa mix, without added nutrients, powder	28.35	3 heaping tsp	23.53
14194	Cocoa mix, without added nutrients, powder, prepared with water	206	1 serving	24.72
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	26.95
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	48.00
14209	Coffee, brewed, prepared with tap water	178	6 fl oz	8.90
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	7.16
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	13.86
11159	Coleslaw, home-prepared	120	1 cup	12.00
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	32.30
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	51.00
18151	Cookies, brownies, commercially prepared	56	1 brownie	17.36
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	1.32
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.60
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	3.10
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	2.80
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	8.80
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	7.02
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	4.50
18170	Cookies, fig bars	16	1 cookie	4.32
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	4.20
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	25.20
18177	Cookies, molasses	15	1 cookie, medium	7.80
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	16.64
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	3.85
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	8.25
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	4.50
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	6.30
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	6.75
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	7.80
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	2.52
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	1.36
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	1.80
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	1.68
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	1.20
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	2.10

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	1.40
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.56
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	24.64
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	43.52
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	48.30
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	24.64
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	31.16
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	18.27
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	55.20
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	67.62
20020	Cornmeal, whole-grain, yellow	122	1 cup	154.94
20027	Cornstarch	8.064	1 tbsp	0.24
20029	Couscous, cooked	157	1 cup	12.56
20028	Couscous, dry	173	1 cup	76.12
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	85.80
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	85.00
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	67.20
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	91.16
18214	Crackers, cheese, regular	10	10 crackers	3.60
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	4.06
18217	Crackers, matzo, plain	28.35	1 matzo	7.09
18220	Crackers, melba toast, plain	20	4 pieces	11.80
18226	Crackers, rye, wafers, plain	11	1 wafer	13.31
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	3.24
18229	Crackers, standard snack-type, regular	12	4 crackers	3.24
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	2.52
18232	Crackers, wheat, regular	8	4 crackers	4.96
18235	Crackers, whole-wheat	16	4 crackers	15.84
14242	Cranberry juice cocktail, bottled	253	8 fl oz	5.06
09081	Cranberry sauce, canned, sweetened	57	1 slice	1.71
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.00
01069	Cream substitute, powdered	2	1 tsp	0.08
01049	Cream, fluid, half and half	15	1 tbsp	1.50
01053	Cream, fluid, heavy whipping	15	1 tbsp	1.05
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	1.35
01052	Cream, fluid, light whipping	15	1 tbsp	1.05
01056	Cream, sour, cultured	12	1 tbsp	1.32

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	1.50
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.33
18239	Croissants, butter	57	1 croissant	9.12
18243	Croutons, seasoned	40	1 cup	16.80
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	53.55
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	36.55
15141	Crustaceans, crab, blue, canned (crabmeat)	135	1 cup	52.65
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	28.05
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	19.80
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	29.75
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	34.87
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	34.00
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	18.00
11206	Cucumber, peeled, raw	119	1 cup	14.28
11206	Cucumber, peeled, raw	280	1 large	33.60
11205	Cucumber, with peel, raw	301	1 large	33.11
11205	Cucumber, with peel, raw	104	1 cup	11.44
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	25.20
18245	Danish pastry, cheese	71	1 danish	10.65
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	10.65
09087	Dates, domestic, natural and dry	41.5	5 dates	14.53
09087	Dates, domestic, natural and dry	178	1 cup	62.30
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.40
01072	Dessert topping, pressurized	4	1 tbsp	0.04
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.08
19173	Desserts, gelatins, dry mix, prepared with water	135	1/2 cup	1.35
19176	Desserts, gelatins, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	1.17
19123	Desserts, puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	26.46
19190	Desserts, puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	29.82
19183	Desserts, puddings, chocolate, ready-to-eat	113	4 oz	23.73
19193	Desserts, puddings, rice, ready-to-eat	113.4	4 oz	9.07
19218	Desserts, puddings, tapioca, ready-to-eat	113	4 oz	9.04
19212	Desserts, puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	18.20
19201	Desserts, puddings, vanilla, ready-to-eat	113	4 oz	9.04
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	2.80
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	9.40
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	2.86
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	13.20
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	44.20

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<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	15.00
01143	Egg substitute, liquid	62.75	1/4 cup	5.65
01124	Egg, white, raw, fresh	33.4	1 large	3.67
01128	Egg, whole, cooked, fried	46	1 large	5.06
01129	Egg, whole, cooked, hard-boiled	50	1 large	5.00
01131	Egg, whole, cooked, poached	50	1 large	5.00
01132	Egg, whole, cooked, scrambled	61	1 large	7.32
01123	Egg, whole, raw, fresh	50	1 large	5.00
01123	Egg, whole, raw, fresh	44	1 medium	4.40
01123	Egg, whole, raw, fresh	58	1 extra large	5.80
01125	Egg, yolk, raw, fresh	16.6	1 large	1.49
01057	Eggnog	254	1 cup	48.26
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	12.87
11213	Endive, raw	50	1 cup	7.50
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	11.97
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	11.44
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	21.84
21049	Entrees, pizza with cheese	63	1 slice	15.75
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	18.17
21051	Entrees, pizza with pepperoni	71	1 slice	8.52
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	39.99
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	41.58
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	43.80
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	33.60
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	32.55
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	29.88
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	20.34
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	34.58
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	24.38
21042	Fast foods, chili con carne	253	1 cup	45.54
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	62.64
21043	Fast foods, clams, breaded and fried	115	3/4 cup	31.05
21127	Fast foods, coleslaw	99	3/4 cup	8.91
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	23.22
21015	Fast foods, danish pastry, cheese	91	1 pastry	15.47
21017	Fast foods, danish pastry, fruit	94	1 pastry	14.10
21074	Fast foods, enchilada, with cheese	163	1 enchilada	50.53
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	23.29
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	36.60

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21024	Fast foods, french toast sticks	141	5 sticks	26.79
21077	Fast foods, frijoles with cheese	167	1 cup	85.17
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	49.72
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	45.15
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	23.32
21118	Fast foods, hotdog, plain	98	1 sandwich	12.74
21119	Fast foods, hotdog, with chili	114	1 sandwich	10.26
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	17.50
21129	Fast foods, hush puppies	78	5 pieces	16.38
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	15.45
21078	Fast foods, nachos, with cheese	113	6-8 nachos	55.37
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	15.77
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	48.72
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	33.15
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	52.26
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	65.91
21139	Fast foods, potato, mashed	80	1/3 cup	14.40
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	15.84
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	30.58
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	23.87
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	32.70
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	39.36
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	68.40
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	66.96
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	79.36
21033	Fast foods, sundae, hot fudge	158	1 sundae	33.18
21083	Fast foods, taco salad	198	1-1/2 cups	51.48
21082	Fast foods, taco, beef	263	1 large	107.83
21082	Fast foods, taco, beef	171	1 small	70.11
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	67.50
09094	Figs, dried, uncooked	38	2 figs	22.42
15011	Finfish, catfish, channel, cooked, breaded and fried	85	3 oz	22.95
15017	Finfish, cod, Atlantic, canned, solids and liquid	85	3 oz	34.85
15192	Finfish, cod, Pacific, cooked, dry heat	85	3 oz	26.35
15027	Finfish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	14.25
15027	Finfish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	7.00
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	73.66
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	49.30
15034	Finfish, haddock, cooked, dry heat	150	1 fillet	75.00
15034	Finfish, haddock, cooked, dry heat	85	3 oz	42.50

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	90.95
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	170.13
15041	Finfish, herring, Atlantic, pickled	85.05	3 oz	6.80
15058	Finfish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	33.15
15058	Finfish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	19.50
15067	Finfish, pollock, walleye, cooked, dry heat	60	1 fillet	43.80
15067	Finfish, pollock, walleye, cooked, dry heat	85	3 oz	62.05
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	28.90
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	50.66
15232	Finfish, roughy, orange, cooked, dry heat	85	3 oz	32.30
15077	Finfish, salmon, chinook, smoked	85.05	3 oz	15.31
15084	Finfish, salmon, pink, canned, solids with bone and liquid	85	3 oz	28.90
15086	Finfish, salmon, sockeye, cooked, dry heat	85	3 oz	26.35
15086	Finfish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	48.05
15088	Finfish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	33.17
15111	Finfish, swordfish, cooked, dry heat	106	1 piece	36.04
15111	Finfish, swordfish, cooked, dry heat	85	3 oz	28.90
15241	Finfish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	27.20
15128	Finfish, tuna salad	205	1 cup	38.95
15119	Finfish, tuna, light, canned in oil, drained solids	85.05	3 oz	26.37
15121	Finfish, tuna, light, canned in water, drained solids	85	3 oz	22.95
15126	Finfish, tuna, white, canned in water, drained solids	85	3 oz	28.05
15221	Finfish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	54.40
07022	Frankfurter, beef	45	1 frank	1.35
07023	Frankfurter, beef and pork	45	1 frank	4.50
07024	Frankfurter, chicken	45	1 frank	4.50
18268	French toast, frozen, ready-to-heat	59	1 slice	10.03
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	11.05
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	7.98
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.38
19263	Frozen desserts, fruit and juice bars	77	1 bar (2.5 fl oz)	3.08
19270	Frozen desserts, ice cream, chocolate	66	1/2 cup	19.14
19090	Frozen desserts, ice cream, french vanilla, soft-serve	86	1/2 cup	10.32
19088	Frozen desserts, ice cream, light (50% of the fat), vanilla	66	1/2 cup	9.90
19095	Frozen desserts, ice cream, vanilla	66	1/2 cup	9.24
19089	Frozen desserts, ice cream, vanilla, rich	74	1/2 cup	8.14
19283	Frozen desserts, ice pops	59	1 bar (2 fl oz)	0.59
19281	Frozen desserts, ice, italian, restaurant-prepared	116	1/2 cup	0.00
19097	Frozen desserts, sherbet, orange	74	1/2 cup	5.92
19393	Frozen desserts, yogurt, chocolate, soft-serve	72	1/2 cup	19.44
19293	Frozen desserts, yogurt, vanilla, soft-serve	72	1/2 cup	10.08

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## Magnesium, Mg (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19294	Fruit butters, apple	17	1 tbsp	0.85
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	12.40
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	16.59
14267	Fruit punch drink, canned	248	8 fl oz	4.96
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	15.00
11215	Garlic, raw	3	1 clove	0.75
14277	Grape drink, canned	250	8 fl oz	5.00
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	25.30
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	10.00
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	32.40
09124	Grapefruit juice, canned, sweetened	250	1 cup	25.00
09123	Grapefruit juice, canned, unsweetened	247	1 cup	24.70
09126	Grapefruit juice, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	27.17
09125	Grapefruit juice, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	78.66
09404	Grapefruit juice, pink, raw	247	1 cup	29.64
09128	Grapefruit juice, white, raw	247	1 cup	29.64
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	9.84
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	10.62
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	25.40
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	9.60
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	3.00
06116	Gravy, beef, canned	58.25	1/4 cup	1.17
06119	Gravy, chicken, canned	59.5	1/4 cup	1.19
06121	Gravy, mushroom, canned	59.6	1/4 cup	1.19
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	3.10
06125	Gravy, turkey, canned	59.6	1/4 cup	1.19
07027	Ham, chopped, not canned	21	2 slices	3.36
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	9.64
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	10.77
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	36.00
22401	HEALTHY CHOICE Spaghetti Bolognese, frozen entree	283	1 package	42.45
11961	Hearts of palm, canned	33	1 piece	12.54
19296	Honey, strained or extracted	21	1 tbsp	0.42
02055	Horseradish, prepared	5	1 tsp	1.35
16158	Hummus, commercial	14	1 tbsp	9.94
19297	Jams and preserves	20	1 tbsp	0.80



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Magnesium, Mg (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19300	Jellies	19	1 tbsp	1.14
11226	Jerusalem-artichokes, raw	150	1 cup	25.50
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	23.40
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	23.40
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	23.80
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	22.80
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	31.35
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	20.40
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	22.10
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	20.40
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	23.80
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	17.00
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	19.55
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	22.10
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	24.65
04002	Lard	12.8	1 tbsp	0.00
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	1.24
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	1.79
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	1.45
18372	Leavening agents, baking soda	4.6	1 tsp	0.00
18373	Leavening agents, cream of tartar	3	1 tsp	0.06
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	3.92
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	6.86
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	6.80
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	14.56
09153	Lemon juice, canned or bottled	15.2	1 tbsp	1.22
09153	Lemon juice, canned or bottled	244	1 cup	19.52
09152	Lemon juice, raw	47	juice of 1 lemon	2.82
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	4.96
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	2.37
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	2.66
09150	Lemons, raw, without peel	58	1 lemon	4.64
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	71.28
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	21.19
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.98
11251	Lettuce, cos or romaine, raw	56	1 cup	3.36

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## Magnesium, Mg (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.60
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	4.95
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.72
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	48.51
11253	Lettuce, looseleaf, raw	10	1 leaf	1.10
11253	Lettuce, looseleaf, raw	56	1 cup	6.16
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	100.80
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	57.80
16073	Lima beans, large, mature seeds, canned	241	1 cup	93.99
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	80.84
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	1.08
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	17.22
09160	Lime juice, raw	38	juice of 1 lime	2.28
20100	Macaroni, cooked, enriched	140	1 cup	25.20
14315	Malted milk-flavor mix, chocolate, added nutrients, powder	21	3 heaping tsp	20.16
14316	Malted milk-flavor mix, chocolate, added nutrients, powder, prepared with milk	265	1 cup	53.00
14309	Malted milk-flavor mix, natural, added nutrients, powder	21	4-5 heaping tsp	13.86
14310	Malted milk-flavor mix, natural, added nutrients, powder, prepared with milk	265	1 cup	47.70
09176	Mangos, raw	207	1 mango	18.63
09176	Mangos, raw	165	1 cup	14.85
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.42
04130	Margarine, soft, unspecified oils, with salt added	4.7	1 tsp	0.09
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.28
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.10
04526	Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)	14.4	1 tbsp	0.29
04526	Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)	4.8	1 tsp	0.10
04561	Margarine-like spread, approximately 60% fat, tub, unspecified oils	4.8	1 tsp	0.10
09181	Melons, cantaloupe, raw	69	1/8 melon	7.59
09181	Melons, cantaloupe, raw	160	1 cup	17.60
09184	Melons, honeydew, raw	160	1/8 melon	11.20
09184	Melons, honeydew, raw	170	1 cup	11.90
01110	Milk shakes, thick chocolate	300	10.6 fl oz	48.00
01111	Milk shakes, thick vanilla	313	11 fl oz	37.56
01094	Milk, buttermilk, dried	6.5	1 tbsp	7.15
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	26.95
01095	Milk, canned, condensed, sweetened	306	1 cup	79.56
01097	Milk, canned, evaporated, nonfat	256	1 cup	69.12
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	60.48

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Magnesium, Mg (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01102	Milk, chocolate, fluid, commercial,	250	1 cup	32.50
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	32.50
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	32.50
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	26.91
01077	Milk, fluid, 3.25% milkfat	244	1 cup	31.72
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	34.16
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	26.95
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	34.16
16112	Miso	68.75	1 cup	28.88
19305	Molasses, blackstrap	20	1 tbsp	43.00
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	15.30
15157	Mollusks, clam, mixed species, raw	85	3 oz	7.65
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	49.30
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	39.48
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	54.87
18274	Muffins, blueberry, commercially prepared	57	1 muffin	9.12
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	9.12
18279	Muffins, corn, commercially prepared	57	1 muffin	18.24
18280	Muffins, corn, dry mix, prepared	50	1 muffin	10.50
18283	Muffins, oat bran	57	1 muffin	89.49
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	7.14
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	17.36
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	21.84
11264	Mushrooms, canned, drained solids	156	1 cup	23.40
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	18.72
11260	Mushrooms, raw	70	1 cup	7.00
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	20.30
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	4.75
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	21.00
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	1.90
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	4.00
09191	Nectarines, raw	136	1 nectarine	10.88
20113	Noodles, chinese, chow mein	45	1 cup	23.40
20110	Noodles, egg, cooked, enriched	160	1 cup	30.40
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	38.40
12061	Nuts, almonds	28.35	1 oz (24 nuts)	77.96
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	63.79
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	73.71
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	72.29

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**Magnesium, Mg (mg) Content of Selected Foods per Common Measure, sorted alphabetically**

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12167	Nuts, chestnuts, european, roasted	143	1 cup	47.19
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	46.50
12104	Nuts, coconut meat, raw	45	1 piece	14.40
12120	Nuts, hazelnuts or filberts	28.35	1 oz	46.21
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	33.45
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	63.79
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	66.62
12142	Nuts, pecans	28.35	1 oz (20 halves)	34.30
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	20.04
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	66.06
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	34.02
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	44.79
20034	Oat bran, cooked	219	1 cup	87.60
20033	Oat bran, raw	94	1 cup	220.90
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.00
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.00
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.00
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.00
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.00
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.00
04511	Oil, vegetable safflower, salad or cooking, oleic, (over 70%)	13.6	1 tbsp	0.00
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.00
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	91.20
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	93.84
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.88
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	11.40
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	23.10
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	10.34
11284	Onions, dehydrated flakes	5	1 tbsp	4.60
11282	Onions, raw	14	1 slice	1.40
11282	Onions, raw	110	1 whole	11.00
11282	Onions, raw	160	1 cup	16.00
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	20.00
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	3.00
09207	Orange juice, canned, unsweetened	249	1 cup	27.39
09209	Orange juice, chilled, includes from concentrate	249	1 cup	27.39
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	24.90
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	72.42
09206	Orange juice, raw	86	juice from 1 orange	9.46
09206	Orange juice, raw	248	1 cup	27.28

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## Magnesium, Mg (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09200	Oranges, raw, all commercial varieties	131	1 orange	13.10
09200	Oranges, raw, all commercial varieties	180	1 cup	18.00
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	5.04
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	7.60
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	8.36
09226	Papayas, raw	140	1 cup	14.00
09226	Papayas, raw	304	1 papaya	30.40
11297	Parsley, raw	10	10 sprigs	5.00
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	45.24
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	35.28
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	13.10
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	4.90
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	17.36
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	6.86
09246	Peaches, dried, sulfured, uncooked	39	3 halves	16.38
09250	Peaches, frozen, sliced, sweetened	250	1 cup	12.50
09236	Peaches, raw	98	1 peach	6.86
09236	Peaches, raw	170	1 cup	11.90
16097	Peanut butter, chunk style, with salt	16	1 tbsp	25.44
16098	Peanut butter, smooth style, with salt	16	1 tbsp	25.44
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	49.90
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	49.90
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	52.45
09340	Pears, asian, raw	275	1 pear	22.00
09340	Pears, asian, raw	122	1 pear	9.76
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	3.04
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	10.64
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	17.36
09254	Pears, canned, juice pack, solids and liquids	76	1 half	5.32
09252	Pears, raw	166	1 pear	9.96
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	41.60
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	44.80
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	28.90
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	46.40
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	70.56
11670	Peppers, hot chili, green, raw	45	1 pepper	11.25
11819	Peppers, hot chili, red, raw	45	1 pepper	11.25
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	3.90
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	13.60
11333	Peppers, sweet, green, raw	10	1 ring	1.00
11333	Peppers, sweet, green, raw	119	1 pepper	11.90

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**Magnesium, Mg (mg) Content of Selected Foods per Common Measure, sorted alphabetically**

<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
11333	Peppers, sweet, green, raw	149	1 cup	14.90
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	13.60
11821	Peppers, sweet, red, raw	149	1 cup	14.90
11821	Peppers, sweet, red, raw	119	1 pepper	11.90
11945	Pickle relish, sweet	15	1 tbsp	0.75
11937	Pickles, cucumber, dill	65	1 pickle	7.15
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	43.02
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	22.68
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	25.20
19312	Pie fillings, canned, apple	74	1/8 of 21-oz can	1.48
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	5.18
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	8.19
18302	Pie, apple, prepared from recipe	155	1 piece	10.85
18305	Pie, blueberry, commercially prepared	117	1 piece	5.85
18306	Pie, blueberry, prepared from recipe	147	1 piece	11.76
18308	Pie, cherry, commercially prepared	117	1 piece	9.36
18309	Pie, cherry, prepared from recipe	180	1 piece	16.20
18310	Pie, chocolate creme, commercially prepared	113	1 piece	23.73
18316	Pie, coconut custard, commercially prepared	104	1 piece	18.72
18444	Pie, fried pies, cherry	128	1 pie	12.80
18319	Pie, fried pies, fruit	128	1 pie	12.80
18320	Pie, lemon meringue, commercially prepared	113	1 piece	16.95
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	7.62
18324	Pie, pecan, commercially prepared	113	1 piece	20.34
18325	Pie, pecan, prepared from recipe	122	1 piece	31.72
18326	Pie, pumpkin, commercially prepared	109	1 piece	16.35
18327	Pie, pumpkin, prepared from recipe	155	1 piece	29.45
11943	Pimento, canned	12	1 tbsp	0.72
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	15.00
14341	Pineapple and orange juice drink, canned	250	8 fl oz	15.00
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	32.50
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	40.64
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	7.84
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	6.58
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	34.86
09266	Pineapple, raw	155	1 cup	21.70
09278	Plantains, cooked	154	1 cup	49.28
09277	Plantains, raw	179	1 medium	66.23
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	2.30
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	12.90
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	3.68

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## Magnesium, Mg (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	20.16
09279	Plums, raw	66	1 plum	4.62
07065	Pork and beef sausage, fresh, cooked	26	2 links	3.12
07064	Pork sausage, fresh, cooked	26	2 links	4.42
07064	Pork sausage, fresh, cooked	27	1 patty	4.59
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	4.56
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	9.77
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	17.00
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	16.15
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	18.70
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	17.85
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	18.70
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	21.25
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	21.25
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	24.65
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	22.95
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	27.20
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	17.85
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	18.70
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	14.45
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	16.15
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	18.70
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	20.40
11672	Potato pancakes, home-prepared	76	1 pancake	25.08
11399	Potato puffs, frozen, prepared	79	10 puffs	15.01
11414	Potato salad, home-prepared	250	1 cup	37.50
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	36.75
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	49.00
11674	Potatoes, baked, flesh and skin, without salt	202	1 potato	54.54
11363	Potatoes, baked, flesh, without salt	156	1 potato	39.00
11364	Potatoes, baked, skin, without salt	58	1 skin	24.94
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	29.92
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	31.20
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	27.00
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	11.00
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	4.93

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## Magnesium, Mg (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11370	Potatoes, hashed brown, home-prepared	156	1 cup	31.20
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter add	210	1 cup	37.80
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	37.80
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	37.80
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	34.30
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	46.55
05306	Poultry food products, ground turkey, cooked	82	1 patty	19.68
09294	Prune juice, canned	256	1 cup	35.84
09292	Prunes, dried, stewed, without added sugar	248	1 cup	49.60
09291	Prunes, dried, uncooked	42	5 prunes	18.90
11424	Pumpkin, canned, without salt	245	1 cup	56.35
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	22.05
11429	Radishes, raw	4.5	1 radish	0.41
09298	Raisins, seedless	145	1 cup	47.85
09298	Raisins, seedless	14	1 packet	4.62
09306	Raspberries, frozen, red, sweetened	250	1 cup	32.50
09302	Raspberries, raw	123	1 cup	22.14
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	83.16
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	28.80
14342	Rice beverage, IMAGINE FOODS, RICE DREAM, canned	245	1 cup	9.80
20037	Rice, brown, long-grain, cooked	195	1 cup	83.85
20047	Rice, white, long-grain, parboiled, cooked, enriched	175	1 cup	21.00
20046	Rice, white, long-grain, parboiled, dry, enriched	185	1 cup	57.35
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	8.25
20045	Rice, white, long-grain, regular, cooked	158	1 cup	18.96
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	46.25
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	6.44
18350	Rolls, hamburger or hotdog, plain	43	1 roll	8.60
18353	Rolls, hard (includes kaiser)	57	1 roll	15.39
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	39.10
04539	Salad dressing, blue or roquefort cheese, commercial, regular, with salt	15.3	1 tbsp	0.00
04120	Salad dressing, french, commercial, regular, with salt	15.6	1 tbsp	0.00
04020	Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt	16.3	1 tbsp	0.00
04133	Salad dressing, french, home recipe	14	1 tbsp	0.00
04134	Salad dressing, home recipe, cooked	16	1 tbsp	1.28
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.00
04021	Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt	15	1 tbsp	0.00
04114	Salad dressing, italian, commercial, regular, with salt	14.7	1 tbsp	0.15



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04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.14
04022	Salad dressing, russian, low calorie, with salt	16.3	1 tbsp	0.00
04015	Salad dressing, russian, with salt	15.3	1 tbsp	0.31
04017	Salad dressing, thousand island, commercial, regular, with salt	15.6	1 tbsp	0.31
04023	Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt	15.3	1 tbsp	0.15
07069	Salami, cooked, beef and pork	56.7	2 slices	8.51
07072	Salami, dry or hard, pork, beef	20	2 slices	3.40
02047	Salt, table	6	1 tsp	0.06
07073	Sandwich spread, pork, beef	15	1 tbsp	1.20
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	44.85
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	21.42
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	43.60
06150	Sauce, barbecue sauce	15.75	1 tbsp	2.84
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	5.67
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	3.84
06166	Sauce, homemade, white, medium	250	1 cup	35.00
06909	Sauce, NESTLE, QUE BUENO Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	6.30
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	42.50
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.24
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	2.08
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	10.98
11439	Sauerkraut, canned, solids and liquids	236	1 cup	30.68
11445	Seaweed, kelp, raw	10	2 tbsp	12.10
11667	Seaweed, spirulina, dried	0.93	1 tbsp	1.81
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	151.39
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	14.25
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	27.76
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	41.28
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	36.57
14346	Shake, fast food, chocolate	333	16 fl oz	56.61
14347	Shake, fast food, vanilla	333	16 fl oz	39.96
11677	Shallots, raw	10	1 tbsp	2.10
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.00
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	10.10
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	17.86
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	21.83
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	21.55

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<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	5.10
19013	Snacks, fruit leather, pieces	28.35	1 oz	3.97
19014	Snacks, fruit leather, rolls	21	1 large	4.20
19015	Snacks, granola bars, hard, plain	28.35	1 bar	27.50
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	18.99
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	22.11
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	20.41
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	9.99
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	2.86
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	33.45
19034	Snacks, popcorn, air-popped	8	1 cup	10.48
19036	Snacks, popcorn, cakes	10	1 cake	15.90
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	33.60
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	12.32
19040	Snacks, popcorn, cheese-flavor	11	1 cup	10.01
19035	Snacks, popcorn, oil-popped	11	1 cup	11.88
19041	Snacks, pork skins, plain	28.35	1 oz	3.12
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	21.26
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	17.86
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	16.44
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	15.59
19411	Snacks, potato chips, plain, salted	28.35	1 oz	18.99
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	18.99
19422	Snacks, potato chips, reduced fat	28.35	1 oz	25.23
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	20.98
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	21.00
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	11.79
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	23.25
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	27.50
19056	Snacks, tortilla chips, plain	28.35	1 oz	24.95
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	235.06
19061	Snacks, trail mix, tropical	140	1 cup	134.40
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	46.17
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	45.54
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	3.06
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.00
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	4.88
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	9.60

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	4.82
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	7.57
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	9.60
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.00
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	12.20
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	22.32
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	2.44
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	17.36
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	19.84
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	4.88
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	7.23
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	24.96
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	4.92
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	40.00
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	9.48
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	23.90
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	41.14
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	31.33
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	12.20
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	21.42
06174	Soup, stock, fish, home-prepared	233	1 cup	16.31
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	22.32
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	7.32
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	4.88
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	7.20
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	7.23
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	1.20
16120	Soy milk, fluid	245	1 cup	46.55
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	5.44
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	108.00
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	147.92
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	25.20

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20125	Spaghetti, whole-wheat, cooked	140	1 cup	42.00
02007	Spices, celery seed	2	1 tsp	8.80
02009	Spices, chili powder	2.6	1 tsp	4.42
02010	Spices, cinnamon, ground	2.3	1 tsp	1.29
02015	Spices, curry powder	2	1 tsp	5.08
02045	Spices, dill weed, fresh	1	5 sprigs	0.55
02020	Spices, garlic powder	2.8	1 tsp	1.62
02026	Spices, onion powder	2.1	1 tsp	2.56
02027	Spices, oregano, ground	1.5	1 tsp	4.05
02028	Spices, paprika	2.1	1 tsp	3.89
02029	Spices, parsley, dried	1.3	1 tbsp	3.24
02030	Spices, pepper, black	2.1	1 tsp	4.07
11658	Spinach souffle, home-prepared	136	1 cup	38.08
11461	Spinach, canned, drained solids	214	1 cup	162.64
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	156.60
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	131.10
11457	Spinach, raw	10	1 leaf	7.90
11457	Spinach, raw	30	1 cup	23.70
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	43.20
11641	Squash, summer, all varieties, raw	113	1 cup	25.99
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	16.40
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	21.60
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	17.85
09316	Strawberries, raw	12	1 strawberry	1.20
09316	Strawberries, raw	18	1 strawberry	1.80
09316	Strawberries, raw	166	1 cup	16.60
19334	Sugars, brown	3.2	1 tsp	0.93
19335	Sugars, granulated	4.2	1 tsp	0.00
19336	Sugars, powdered	8	1 tbsp	0.00
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	10.20
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	3.60
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	23.52
11512	Sweetpotato, canned, vacuum pack	255	1 cup	56.10
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	29.20
11510	Sweetpotato, cooked, boiled, without skin, without salt	156	1 potato	15.60
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	11.55
19087	Sweets, candies, confectioner's coating, white	170	1 cup	20.40
19348	Syrups, chocolate, fudge-type	19	1 tbsp	9.69
19350	Syrups, corn, light	20	1 tbsp	0.40
19353	Syrups, maple	20	1 tbsp	2.80
19129	Syrups, table blends, pancake	20	1 tbsp	0.40

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19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.00
18360	Taco shells, baked	13.3	1 medium	13.97
09223	Tangerine juice, canned, sweetened	249	1 cup	19.92
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	20.16
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	10.08
20068	Tapioca, pearl, dry	152	1 cup	1.52
14355	Tea, brewed, prepared with tap water	178	6 fl oz	5.34
14545	Tea, herb, chamomile, brewed	178	6 fl oz	1.78
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	1.78
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	4.74
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	5.18
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	4.74
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	12.00
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	9.36
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	15.08
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	37.26
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	32.40
11954	Tomatillos, raw	34	1 medium	6.80
11540	Tomato juice, canned, with salt added	243	1 cup	26.73
11546	Tomato products, canned, paste, without salt added	262	1 cup	133.62
11547	Tomato products, canned, puree, without salt added	250	1 cup	60.00
11549	Tomato products, canned, sauce	245	1 cup	46.55
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	30.60
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	28.80
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	19.80
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	1.87
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	2.20
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	13.53
11955	Tomatoes, sun-dried	2	1 piece	3.88
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	2.43
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	16.90
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	8.32
21088	Tostada with guacamole	130.5	1 tostada	36.54
05286	Turkey and gravy, frozen	142	5-oz package	11.36
05292	Turkey patties, breaded, battered, fried	64	1 patty	9.60
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	18.71
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	20.16
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	24.65

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05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	23.52
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	36.40
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	22.80
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	31.68
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	42.64
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	12.48
02050	Vanilla extract	4.2	1 tsp	0.50
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	24.65
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	18.70
11578	Vegetable juice cocktail, canned	242	1 cup	26.62
04582	Vegetable oil, canola	14	1 tbsp	0.00
11581	Vegetables, mixed, canned, drained solids	163	1 cup	26.08
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	40.04
07083	Vienna sausage, canned, beef and pork	16	1 sausage	1.12
02048	Vinegar, cider	15	1 tbsp	3.30
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	7.26
18367	Waffles, plain, prepared from recipe	75	1 waffle	14.25
14429	Water, municipal	237	8 fl oz	2.37
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	7.00
09326	Watermelon, raw	286	1 wedge	31.46
09326	Watermelon, raw	152	1 cup	16.72
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	27.50
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	23.75
20083	Wheat flour, white, bread, enriched	137	1 cup	34.25
20084	Wheat flour, white, cake, enriched	137	1 cup	21.92
20080	Wheat flour, whole-grain	120	1 cup	165.60
20089	Wild rice, cooked	164	1 cup	52.48
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	2.20
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	16.15
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	34.05
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	38.59
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	43.13
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	27.24